

WILDFLOWERS of BIG WHITE



BIG WHITE'S POWDERY, WHITE WINTER SLOPES TRANSFORM EACH SUMMER INTO A KALEIDOSCOPE OF COLOUR AS FAR AS THE EYE CAN SEE

Alpine meadows, considered one of Canada's most beautiful natural phenomena, occur when alpine wildflowers make their spectacular appearance for a brief period of time during the spring and summer months. Putting down roots in a growing environment that includes adversities like low temperatures, dryness, and ultraviolet radiation (not to mention being buried under 3 metres of snow all winter long!) – you could say that alpine wildflowers are some of the toughest blossoms in B.C.

Here at Big White, we have an extensive network of lift accessible alpine hiking trails that allow you to admire some of B.C.'s most beautiful native blossoms. So lace up your boots, grab your camera, and hit the trails to walk with the wildflowers. **Please don't pick the flowers** - leave them for others to enjoy. Alpine flowers die quickly once picked and this year's flowers become next year's seeds, resulting in even more beautiful blooms next year.

WESTERN PASQUEFLOWER

Anemone occidentalis

Both in bloom and in seed the Western Pasqueflower is a spectacular sight in the subalpine meadows at Big White. A common perennial, which blooms early after snow-melt in moist subalpine meadows, with spectacular displays of white flowers above green leaves. In mid-summer, the flowers transform into very conspicuous feathery green, changing to tan, seed heads. In late summer, the wind separates and disperses the seeds.

Fun Fact: The seed heads are so distinctive that common names for this flower include mop-top and nature's hippies.



LEAFYBRACT ASTER

Aster foliaceus

Leafybract asters are beautiful perennials that are found in the subalpine environment and forest openings. Loose clusters of daisy-like flowerheads on sprawling stems can grow up to 60cm tall with multiple flowers. The word 'Aster' is of Greek derivation and refers to this flower's star-like blossom.

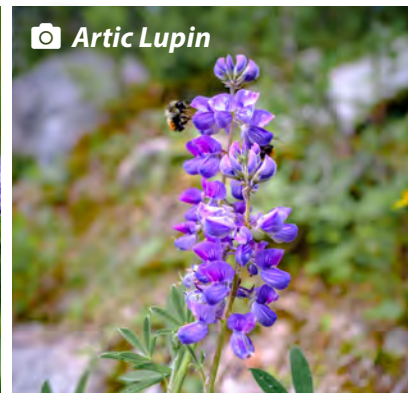
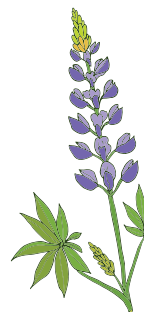
Fun Fact: Asters are oftentimes a prime target for birds, bees and butterflies because they are fragrant and colourful.

ARTIC LUPIN

Lupinus arcticus

The Arctic lupin has grey-green leaves covered with soft, silver hairs and a blossom that consists of 5 to 28 narrow, pointed leaflets and it can grow anywhere from 30 to 80 cm high! It's native to northwestern North America, from Oregon north to Alaska and Nunavut, and is known as one of the most common wildflowers in B.C.

Fun Fact: The lupin is a member of the pea family.



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ARNICA

Arnica montana

Arnica is a perennial plant of the sunflower family. It gets its name from its soft, hairy leaves – like lambs' ears – from the Greek word arni or "lamb". It has large, showy yellow blossoms with long ray florets.

Fun Fact: Homeopathic preparations of Arnica are widely marketed and used for ailments such as sprains, bruising, and osteoarthritis.



SCOULER'S HAWKWEED

Hieracium scouleri

Bright and beautiful, the scouler's hawkweed is a perennial that blooms from June – September and grows up to 70 cm in height. One plant will typically have 5 to 30 dandelion-like flowers on a stem covered in fine, short hairs.

Fun Fact: *Hieracium* derives from Greek *hierax*, which means hawk. Ancient Greeks believed that hawks strengthened their vision by eating this plant.

COMMON RED PAINTBRUSH

Castilleja

Common Red Paintbrush has a striking red blossom that grows on top of a straight, hairy stem typically 20 to 60 cm in height. The upper part of the Common Red Paintbrush resembles a brush covered with bright dyes. One of the most eye-catching features in subalpine meadows.

Fun Fact: The Common Red Paintbrush goes by many names including Prairie Fire, Grandmothers Hair, Painted Cup, Indian Paintbrush, Painted Lady, and Butterfly Weed.



FIREWEED

Epilobium angustifolium

Fireweed is a perennial with pinky purple flowers that grows from 0.5 to 3 m in height. Since its seeds need extreme heat to crack open, Fireweed commonly grows in places where there has been a forest fire or fire disturbance. In late summer long seed pods spring open and release hundreds of seeds with tufted hairs which are dispersed by the wind.

Fun Fact: Fireweed is the floral emblem of Canada's Yukon territory.

SITKA VALERIAN

Valeriana sitkensis

A common feature in forest openings, subalpine meadows and even in the alpine zone. This beauty can reach up to over a metre tall with beautiful clusters of small white tubular flowers. This flower is native to northwestern North America from Alaska and northern Canada to Montana to northern California.

Fun Fact: Indigenous communities cooked and ate the roots. Some tribes also used the roots for their medicinal benefits helping with inflammation and aches.



We acknowledge that we reside and operate on the traditional, ancestral, and unceded territory of the Sqilx'w/ Syilx (Okanagan) peoples.

#wildflowersofbigwhite

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